

# BENT RIM BUGLE

*The official newsletter of the MMBA - Issue #57 - Fall 2001*

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The Bent Rim Bugle is a quarterly publication of the  
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Visit the MMBA on the web at [www.mmiba.org](http://www.mmiba.org) for contact information and much more.

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# The Prez Sez

Sometime ago, MMBA member Danielle Dennett did some digging on a possible partnership with a university marketing program. As it has been done with some cycling groups in the past, a marketing class and/or students would be assigned to generate a marketing program.

As a result of Danielle's efforts, Terry Ritter (CPS Director) and I met with the Chair and faculty members of Central Michigan University's marketing program. We gave them the background on the MMBA, what we have, what we've tried, and where we'd like to go. They were genuinely enthused about the potential project.

The next step is they are discussing this project amongst themselves and deciding how to proceed. One possible scenario is a current MBA candidate would do market research and data gathering this term while a marketing/eCommerce class would tackle this as a class project in the spring term.

The possibilities are very exciting and would cover the entire range of MMBA marketing, from brochures to socks, from eCommerce to corporate sponsorship, etc.

**Todd Scott  
President  
Michigan Mountain Biking Association**

Cover photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))



## **"Behind The Scenes"**

*With Executive Director Roger Dyjak*

### **ADVOCACY:**

#### **Kevin Bouck**

Northeast Chapter President Kevin Bouck has resigned after six years of dedicated volunteerism. Kevin has been instrumental in numerous projects within his chapter and on a state-wide level. Kevin's talents will be missed. A big Thank You to Kevin for all his fantastic efforts.

#### **Trail Meeting**

I am currently working with Mike Banks from REI to organize a trail meeting in November to bring forth a consortium of trail users, land managers and interested individuals to collectively discuss the direction trails will take into the next 5 years.

The list of potential invitees include:

The MMBA

The North Country Trail Association

The Michigan Horse Council

The Top of Michigan Trails Council

The Sierra Club

The Audubon Society

The Mi. Nature Association

The MI. DNR

The USFS

Various preservation agencies

Local and county agencies.

REI is the prime sponsor of the event. I am meeting with Mike to further discuss the meeting. It is my belief that the meeting will bring open discussion on how trails can be promoted on a state-wide level with cooperation between all user groups.

#### **Trail Kiosk**

The MI. DNR has give approval to the MMBA to research trail kiosks that will be located at various trail heads. The Kiosks will allow for trail information, user group information, programs/special events. I am currently seeking various funding sources to acquire the materials or have them donated. If you have any possible donors, please contact me.

#### **County Trail Development**

The following counties have, or will be, contacted to discuss multi-use Mountain Bike trails within their respective park boundaries. October will see meetings with the various Parks and Recreation Directors to further discussions. Look for updates on the MMBA website and the next edition of the Bent Rim Bugle.

Marquette CO.

Kent CO.

Genesee CO.

St. Clair CO.

Cotterville Township in St. Clair County has also discussed the possibility of multi-use mountain bike trails located within a 100 acre park. I will be attending the next township mtg. in late October to discuss the potential for trail development.

#### **Bikes get Boost on Drummond Island**

Here is an update on Drummond Island from Dan Harrison. And once again a big THANKS to Dan for all of his efforts.

In a well-attended public meeting at the Drummond Village Hall on July 26, representatives of trail user groups met with DNR officials to review land use policies on the 130-square-mile island, 60% of which is state-owned. MMBA Executive Director, Roger Dyjak, and at-large Board member, Dan Harrison, joined local residents and representatives of the snowmobile, ORV, motorcycle and environmentalist communities.

The event that triggered the meeting was a proposal by Dan Harrison and the Drummond Island Resort, to designate some of the 120 miles of trails as off-road bicycle routes. This turned out to be the least

controversial topic of the night, as long-simmering issues ranging from trail damage to signage and trespassing came quickly to the front. Veterans of downstate trail negotiations would have been awestruck by comments like, "everybody knows that bikes don't cause damage—it's those darn jeeps." Drummond Island is truly another world.

Though many conflicts remain to be resolved, everyone agreed that the meeting marked a productive beginning to a coherent trails policy. Harrison's booklet, "A Mountain Biker's Guide to Drummond Island," was cited by the DNR moderator as a useful model of a user group producing educational materials covering not only routes, but local highlights, user etiquette, and environmental ethics. The routes described in the booklet have subsequently approved for off-road bike use. As standards are developed statewide, new signage should reflect their status.

This marks the first time that the MMBA has spearheaded the development of new routes in the Upper Peninsula. MMBA volunteers have helped in the past at such premiere trails as Bruno's Run. Increasingly, the "M" in "MMBA" refers to ALL of Michigan—both the Lower and Upper Peninsulas.

You can purchase a copy at the Drummond Island Resort, at the Benchmark Outfitters in Farmington, or by contacting me at: dharrison@hfcc.net I am selling it at my cost, \$2 (add \$1 S&H for mail orders). I hope to add more routes and improved signage in a future edition, and am already at work on two sequels: a kayaker's guide and a snowshoer's guide.

### **FUNDING**

The REI Mtn. Kids/National Mountain Bike Patrol Program has moved to the second level of grant application. I mailed the appropriate forms a week ago and expect to hear back within 6 to 8 weeks. The grants will provide vital, basic equipment that will allow the program participants to be better equipped. The DALMAC tool kits are IN!!! They will be distributed to each chapter at the next MMBA Board of Director's Meeting.

### **CLERICAL**

#### **MMBA Applications**

After many hours of folding and stamping, 5,000 MMBA applications await distribution. I will be sending them to M-DOT travel centers, state agencies, etc. I request that if you have anyone in your chapter that would like to distribute them to Local Bike Shops, please contact me.

## One VERY Productive Weekend for the MMBA!

The MMBA had quite a busy month ending September weekend. The MMBA Festina Championship Point Series final event was occurring at Glacier Gorge in Gaylord on Saturday 29. Down the road on the same day in Grayling I was warmly welcomed by the Mi. Horse Council as a guest to their 3rd annual Trail Seminar.

The two day seminar focused on group/panel discussion on equestrian trail use/access and relationships with land managers and other user groups. Social trail rides were also part of the program.

RJ Smith, Mi. Horse Council President, Wayne Gastfield, Mi. Horse Council Trail Committee Chair, Mike Foote, Mi. Horse Council Representative, Marilyn Graff, Mi. Horse Council Events Co-ordinator and I met to discuss working together on any and all trail issues state-wide. We agreed to work as a unified front towards promoting our trail systems in a positive manner. The MHC is committed to working with the MMBA on multi-use trail access state wide. It is my firm belief that the current unity between the two advocacy organizations will only benefit all trail users by providing the following:

1. Direct, equitable and open communication regarding trail issues prior to conflicts.
2. Promotion on multi-use trails thru a collaborative effort to promote each other's associations.
3. Working hand and hand on the trail, at the local level and in Lansing.
4. Preserving our natural resources by providing a larger demographic user group that is coordinated, committed and determined to acquire, protect and preserver our state's natural resources for current and future generations.

I want to personally thank the Mi. Horse Council for inviting me. I had a great time out in the woods!

## The Seventh Annual Conference on Tourism.

The MMBA was present to promote mountain biking to state legislators, trail advocacy groups and the tourism industry. The panel for the break out session I was a member of was quite impressive. Nancy Krupiarz, Rails To Trails Director, Mike Foote, Mi. Horse Council Representative, Bill Manson, Mi. Snowmobile Association Legal Chair and Dr. Chrisinte Vogt and I presented to over 70 people the benefits of trails. The break out sessions demonstrated that all trail user groups are committed to working together. The end result of our panel was the formation of a trail "think tank" that will meet to discuss how the various users can work together to provide the tourism industry with a dynamic package of recreation!

I was able to speak with over 25 people to discuss how the MMBA can promote tourism thru their local Convention and Visitor Bureaus. Topics covered ranged from Bed and Breakfasts with trails nearby to trail development in private resort areas. Watch for updates on our MMBA web site. I want to thank Rick Johnson, Mi. Speaker of the House for inviting me to participate on behalf of the MMBA!



## Progress on the Southern Michigan Trail Action Plan

The MMBA fully supports the Michigan Department of Natural Resources in their implementation of the Southern Michigan Trail Action Plan. The plan is THE watershed document for all state owned trails within Michigan.

I met with George Rob, DNR Parks and Recreation Field Coordinator, Paul Yauk, DNR Parks and Recreation Trail Coordinator and Jim Radabaugh on September 12th to offer any and all assistance on behalf of the MMBA. Here are some of the highlights of the series of meetings.

1. George Rob and I agreed that it is absolutely imperative that all trail user groups form an alliance to assist the DNR. I have contacted the Mi. Horse Council and they are very enthusiastic about working with the MMBA. The North Country Trail Association has been contacted. I am awaiting a response for open, equitable, factual communication between the N.C.T.A. and the MMBA. It is my firm belief that when the trail user groups unite, we will create trail opportunities once only dreamed of!
2. George and I also discussed the various user groups collaborating on Trail Kiosks to be located at various parks and recreation areas. Please refer to the Behind the Scenes section for further information.
3. Paul Yauk and I spent considerable time discussing how the plan will eventually spread state-wide. It is the hope of the DNR that a State-wide, Full-Time trail coordinator position will be created. Due to the current state of the economy, the creation of this position is put on permanent hold.
4. Jim Radabaugh, Southeastern Michigan Committee Chair, has provided me with timely updates of the committee activities. They are included for your timely review.

### *Southern Michigan Trails Action Plan*

#### *Planning Committee Agenda*

*September 27, 2001*

Continue Committee Goals:

- Prioritize Tasks
- Determine how to achieve tasks
- Report on tasks with quarterly updates

1. Review August 23 meeting minutes for Goal #1.1. Action 2 (first priority) "create criteria to evaluate each state park's existing network of trails."

2. Discuss Goal #1. Objective 1.1, action 3 and action 5 (second priority) "Create criteria to evaluate all proposals to create new trails, expand existing trails or change trail use designation. "Develop a process for receiving public input and/or recommendations for trails."

3. Can we (committee) make decisions about trails evaluation criteria categories?

- current trail network
- current trail use/trends in use
- sustainability/resource protection
- standards/guidelines
- policy/procedure

**Next Meeting:** October 25, 2001  
3rd Floor, Mason Building, Lansing, MI.

As of Oct. 1st, this is all the current information I have acquired. I will be attending the meeting to provide you with timely updates. Thanks for all the work you do!

Roger J. Dyjak -Executive Director  
Michigan Mountain Biking Association  
Toll Free number (866) 889-MMBA

# Meet The MMBA Board Members

Here are 6, more in future issues of the BRB



Photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))

the All-state team for 3 years with honorable mention All-American my senior year. I had planned to go to MSU to study Biology while on a full-ride baseball scholarship. Unfortunately, a severe Medial Collateral Ligament tear in my right knee ended those plans. Thanks to Bevin Rich, MMBA Member and fine Physical Therapist, I went thru PT and decided to pick up a new, exhausting sport, Triathlon. I then discovered mountain biking as a way to enjoy the back country while taking off days from my Triathlon training schedule. I find the purity of riding some dialed track to be one of the most rewarding aspects of life!

I'm also currently enjoying all the experiences of working for such a remarkable group of individuals that comprise the MMBA!!!!

## Todd Scott - President & Southeast Chapter Pres.

I got serious in 1991 when I walked in a bike shop to buy a new tube for my Schwinn Varsity and walked out with a Specialized Rockhopper. I rode 1,700 miles that year and was hooked. I joined the MMBA that same summer. As I got more involved, I was very fortunate to work and learn from some of the infamous Michigan trail builders, namely Bud Pell and Bob Yankus. Sadly enough, I rarely ride off road, due to my disdain for commuting to the trail heads. But, I do race off road, including that wacky singlespeed-thing



Photo courtesy Todd Scott



Photo courtesy Rick Jerrell

and this year's 350 mile race on the Iditarod trail.

## Rick Jerrell - Holly/Flint Chapter President

43, married, wife Debi, with two children Amber 20 and Ryan 14. President Holly/Flint for 4 years, Chapter Vice-President for 2 years. I Joined the MMBA in 1994 and was selected as the 1994 Chapter Volunteer of the Year. I was one of a handful of members who designed and

constructed Holdridge Lakes in 93-94. The area was originally "horse" trails and was abandoned. We contacted Holly Recreation Area, who gave us permission to "reclaim" the trail. Today, as many of you are aware, we have 25 miles of user friendly trails, for all riding abilities.

I'm not a racer, I'm a recreational rider. I'm not a gram counter, I have too many pounds to lose! But, I'm a believer, I believe in all that the MMBA strives for and I'm involved in the MMBA and Holdridge Lakes for the future...my future, as well as the future of the trails that have been constructed around our State! I enjoy the friendships I've made and I try to spread the passion that burns inside me for the trail and the MMBA. Worst moment: the loss of Holly/Flint Chapter member Ed Berta. Best moment: having the State Volunteer Award Named in memory of Ed Berta.

To each member: REMEMBER YOU ARE THE MMBA! See you on the trail!

## Tim Collins - Pontiac Lake Chapter President

Started mountain biking in 1993 after knee surgery left me unable to play basketball, softball, etc. I bought a "Rockhopper" the day I got off crutches but never went off road until moving to north Oakland County. Was immediately hooked, talked my wife into trying it and we spent the next 4 years competing in 30+ races per year.

The birth of our first child made race training difficult and expensive, especially when both parents needed to get 100+ miles per week and have the latest techno goodies. Anyway, we still ride and volunteer lots of time working at Pontiac Lake. Coming from an engineering background I'm very curious about trail construction and how to make thrilling single track environmentally friendly. Cheers,  
Tim Collins

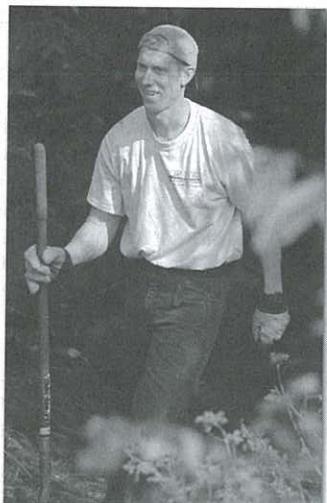


Photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))

**Dan Harrison**  
**At-large Board Member**  
**IMBA state rep.**

"A Life in the Dirt"

Dan got seriously into bicycles back in his wild Ann Arbor days in the late '60s. After proving to everyone's satisfaction that he would never make it as a racer, he found his niche by returning to his childhood love—playing in the dirt. And using power tools. Sometimes he does them both at the same time. Several stints in IMBA Trailbuilding School have channeled his energies into productive directions. He spends lots of time playing in the dirt at Island Lake, Novi, Highland, Maybury, and so on. Dan also likes to talk. He figures the next best thing to playing in the dirt is talking about it. When nobody will sit still and listen, he writes it down and sometimes somebody prints it. Or not. His latest effort, "A Mountain Biker's Guide to Drummond Island," was published at his own expense by the prestigious House of Kinko. He is also hopelessly addicted to the MMBA Bulletin Board. Most days he can be found working as a librarian at Henry Ford Community College, where hardly anybody suspects a thing.



Photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))



Photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))



Photo courtesy Karen Millar

**Karen Millar**  
**At-large Board Member**  
**Mountain Kids Director**  
**Co-Editor Bent Rim Bugle**  
On Life and Riding. It all began one unsuspecting day six years ago when the climbing gym was closed. The two guys I was with said, "Let's go riding instead." Not having any idea what I was getting myself into, I agreed. As I stumbled my way down the singletrack on my 52 pound, rigid Haro, I fell in love. Why? Freedom. Pleasure. A sense of

accomplishment. Strength, mental and physical. And, of course, it provides me another avenue to get to the places I love most – the beautiful places, where I find peace and spirituality.

What else? You'll find me climbing and backpacking and generally fraternizing with the out of doors. Time off in the summer affords me the opportunity to seek out adventure. When I'm not feeding my soul in the out of doors I am educating high school students with learning disabilities and emotional impairments.

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## Forum:

### Thoughts from the MMBA web site bulletin board

**Jay Jones posted this message.**

#### What makes YOU a mountain biker?

In the latest issue of Mountain Bike magazine they posed that question to some prominent people in the mountain bike industry. While none of them had the definitive answer, they all had something to say. After a little thought I realized I have been doing the "mountain bike thing" since I was 8. I would ride my bike (one gear of course) to the woods and find a trail and ride on it. When the trail would end, I would create some more trail. I would do this every chance I could and back in those days, it was all the time. Now, 33 years later life has come full circle and I'm still riding in the woods on my bike (with one gear) and I'm doing it every chance I get. So what makes me a mountain biker? I don't really know, but it must be pretty simple, simple enough for an 8 year old to accomplish without even knowing it. So postee's, What makes you a mountain biker?

#### **Responses:**

I never really thought about it, but I guess what makes me a mountain biker is the fact that I love the outdoors and I have always been one to try different things. I now have been mountain biking for about six years and couldn't imagine life without it. I enjoy everything about the sport, the crashes because it makes you want to try harder next time, the not making it up the technical hill or not clearing a log pile just so you can keep doing it until you get it right. also mountain biking gets me away from everything, when I'm on the trails I have no worries its just me and my bike. I love it!

Hairy Legs, grit in my teeth, the taste of sweat coming from the raunchy sweat pads in my helmet, the dried buggers on my gloves(maybe I should wash them), the smell of white lightning or triflow in the morning, the dew getting your feet wet on those early morning rides, clearing a natty section for the first time, the leg burning at glacier gorge, the switchcbacks at bloomer all these thing and most importantly having fun with my bike, make me a mountain biker?

Ultimately, I know I am a MTB'er for one reason and one reason only. If God told me, "I'm taking your life tomorrow so get your things in order.", the thing I would do after saying good bye to my family and friends is grab my good riding buddies and my trusty Homegrown and head on out for that last long ride. And I would have no worries...God would know where to find me.

Terry Ritter

#### **Bryan Mitchell wanted to know:**

#### What inspires you!

Serious or not so serious. For me it's: My wife, Lance (and not just because he can climb like crazy), pain and the underdog to name a few. Ride Hard, Bryan

#### **Responses:**

Always the underdog- I love to see a huge amount of hype get shot down by a sole rider who nobody has much faith in. That's cool. Lance is great because he was from a little white trash football town originally and he had to put up with a lot of crap before turning pro. It's also cool to see the really old hard-core guys out there too. What else... when a solo sprinter outruns the guy with the lead out, when expert riders pass elite riders and yell "go go go", the whole drama of winning and losing, and of course that slight possibility that someday, I could be the very best. That's about it. Good question

The drive and determination to be the best. I want to be the lance of mountain biking. I know that sounds crazy but it keeps my mind on what's being done.

The mosquitoes/black flies/deer flies that will carry me away if I stop and the cold beer at the end of the ride - that inspires me to ride faster. A stop at Ritter's Custard on the way home for a single scoop of German chocolate.

#### **Roger Dyjak felt like making a list:**

#### Top Ten

Here's my list, in no particular order, from the past year of trail experiences.

- Cass Benton, Northville. Great 5k run course! Check out [www.tommytitan.com](http://www.tommytitan.com) or [www.michiganrunner.com](http://www.michiganrunner.com)
- PLRA, Waterford. The standard by which all DNR multi-use trails will be in terms of construction, reclamation and lay-out.
- Burchfield, Lansing. Unique west coast riding 15 minutes out side of the seat of our state government. Burchfield makes my trips to Lansing all the more enjoyable.
- Mount Lookout, Eagle Harbor. Breathtaking views scattered among blueberries and pine ecosystems. A 4k hill climb that includes rocks, roots and bench cuts!!! [www.keeweenawpublicaccess.org](http://www.keeweenawpublicaccess.org)
- Shingle Mill Pathway, Vanberbilt. Tasty track that includes a 1k boardwalk ride thru a low cedar wetland. Eagles, elks and elevation!
- Warren Woods State Park, St. Joes. A great place to hike to view a beech maple climax forest.
- Isle Royale, A challenging, rewarding hiking experience. The GreenStone Ridge is truly remarkable. I highly recommend it for anyone that enjoys rugged natural settings.
- Bruno's Run, Munising MI. What a blast to ride! Bruno's run reminds me why I love mountain biking so much!
- Ft. Custer, Fun, fun, fun!!
- Grand Island, Munising MI. Views of the picture rocks w/o tourists. 300 foot cliff drops straight into Lake Superior.

Enjoy the color changes, early fall is a great time to be out.

#### **Responses:**

here are my toppers:

- Marquette, MI this past Labor Day. Awesome technical trails! I rode some North Shore type stunts that had me pushing my limits. I didn't find all the trails out there but I did get a couple good ones in. Big thanks to James at The Quickstop for drawing me a trail map.
- Riding my '89 Trek 7000 as a singlespeed in Maybury. That was a blast and I'm ready to get a dedicated SS.
- Hooking up with North Carolina locals to ride Asheville and the surrounding areas.
- Doing a self-contained bike tour back in California. Berkeley-SF-Hwy 1-Point Reyes-Sonoma-Napa Valley-Berkeley

I'll take a stab...

- Burchfield, labor of love
- Yankee, why did I let myself get so out of shape over the winter
- Brighton, where's Karla?
- Fort, fun, fast, I didn't know fifty people could fit in one campsite
- PLRA, tornado warning, what tornado warning?
- Ionia, the great hidden escape
- Alum Creek, fast, 80 people with no sense of direction on a trail at the same time
- Vultures Knob, ouch!!!

## "FEATURED SHOP" >>> CITY BIKE SHOP—TRAVERSE CITY

By Danielle Dennett

Shop with the Schwinn on top" is the familiar logo of the City Bike Shop in Traverse City, located downtown at 322 S. Union Street. The historic building, formerly a grocery store, has been a Schwinn bike dealer for almost 50 years. Owners Steve and Julie Baesch purchased the store four years ago, knowing full well what they were getting into since Steve had worked at the shop for 22 years at the time. Although Schwinn is the main brand, the shop also stocks Raleigh, KHS and Kestrel, a favorite among local road riders. The store has a great following around town for low prices and great service, with all bikes being checked by Steve or his head mechanic, Miles before they ever get to the floor.

Just three years ago the shop began to sponsor racers, starting with CPS director Terry Ritter. With the addition of several more riders and a few Homegrown's to the stores inventory, people are beginning to recognize the shop for it's racing program.



Photos courtesy City Bike Shop



the riders are easy to spot due to the unique CBS racing uniforms they don. locally, the shop has also sponsored a women's bike clinic for the past two years, and hopes to add a kid's clinic this summer. In addition it is of course and MMBA shop and sponsors the local bike club, the Cherry Capital Cycling Club (CCCC). You may have also seen the name as a sponsor of that little race we call "The Iceman" (a.k.a. "The Sandman"), or various other local races. In addition, Steve brings the Schwinn BMX team to the area every summer to put on a few shows for the locals. Remember to support your local bike shop! When you're headed 'up north' in November for the Iceman, stop at "the shop with the Schwinn on top." CBS can be reached at (231) 947-1312 or on the web at [www.citybikeshop.com](http://www.citybikeshop.com).

*If you know of a shop that contributes greatly to the MMBA or to your community, please consider writing an article and email it to [BRB@mma.org](mailto:BRB@mma.org). Or contact the BRB at the same email to let us know about the shop.*

## Possible Fat Tire Movies???

By Al McWilliams

There have been a few movies about road cycling. We've all seen *Breaking Away* and *American Flyers*. To the best of my knowledge no one has gotten Kevin Costner to strap on some fat tires yet (although his personal life is none of my business). There was the Canadian release of *2 Seconds* that had a couple minutes of downhill footage at the beginning and some bike-part-name-dropping as if to say "the dude who wrote this film really does ride bikes and that makes us cool." It was a very good movie, but more about bicycle messengers in Montreal than mountain biking, besides, how can they beat Kevin Bacon as a bicycle messenger (*Quicksilver*)? The point is, Hollywood needs to get on the ball and make some quality MTB flicks.

They wouldn't even have to start from scratch, just take an existing format and adapt it to life on the trails. Mountain biking romance! Mountain biking comedy! Mountain biking action adventure! Mountain biking film Noir! I had some ideas I thought we could pitch to the big-wigs at Paramount.

Happy Gilmore 2: Adam Sandler, Carrot Top and a super-model star in the sequel to the lovably funny Happy Gilmore. This time, instead of finding out that he is a natural at golf... you guessed it; he's a natural mountain biker! The plot rotates around Sandler discovering that no matter how good he gets and how many races he wins, his savings just go down. When he decides that it's worth it for the girls, he realizes that he mostly meets men and goes back to golf to marry a super-model and get paid. Carrot Top stars as Sandler's rival. Each scene will end with Carrot Top crashing into a tree at very, very high speeds. In the spirit of believability, all actors will perform their own stunts.

Ride-away Bride: Julia Roberts, Hugh Grant, Pierce Brosnan, Sean Connery, Carrot Top and Ron Howard's less talented

brother star in this witty romantic spin-off. In the film, Roberts is a career driven divorcee with 7 children, a Chihuahua and Klien Mantra-Pro. When she is swept up by a young mountain biker with an adorable British accent (Grant), during a conversation about the pros and cons of sweet-spot suspension; her ex-husband with an equally adorable British accent (Brosnan) gets jealous. He purchases a Trek VRX the next day from old, wise, and adorably accented Sean Connery. Connery instructs Brosnan in the ways of the trail in the midst of numerous cameos by Ron Howard's less talented brother. When Brosnan shows up to impress Roberts on his VRX, she just laughs him off for riding such out of date suspension. The scene closes with Carrot Top crashing into a tree at very, very high speed.

The Maltese Ibis: Starring Charlton Heston, Orson Wells, Rock Hudson, Ingrid Bergman, Audrey Hepburn and Carrot Top. A precious bird statue is stolen from the Island of Malta, in the confusion Wells picks up the wrong luggage when he gets back to the states. The team from Ibis Cycles was in Malta making a video and Wells ends up with their bikes instead. When he delivers the Ibis bike to the evil crime boss (Hudson) his girlfriend (Hepburn) steals it to elope with Carrot Top. Heston and his wife (Bergman) are hired by Ibis Cycles to return the stolen bike after they find the Maltese Ibis in its place. They track Hepburn and Carrot Top down in the West Indies and there is a wonderfully choreographed chase scene which ends in Heston hurling the Maltese Ibis at Carrot Top causing him to crash into a tree at a very, very high speed.

These are just some ideas to get the Hollywood machine rolling. I'm sure they'll add the finishing touches; an irresistibly danceable Brittany Spears song, some outtakes with Jackie Chan, and of course... Freddie Prinz Jr. The possibilities are endless! When it comes right down to it... it's worth my \$10 to see Carrot Top crash into a tree at very.... VERY high speed.

# Snowshoe West Virginia Experience!!!!!!!!!!!!!!

Story By: Julie White

## **I'm A Superstar!!!**

You may have a moment of stardom when you cruise past your best buddy who is discovering what it is like to be mountain biking flower, as he lays on the side of the trail after a fall (or bail out), and becomes one with nature. Then, it's all about you, your moment of stardom, as you scream with adrenaline rushed intensity 'Move It, Coming Thru!' and you cruise past your buddy, to make it down those millions of 10-20 pound jagged rocks, held together oh so loosely by the red slippery mud between them, with no relief for your braking hands until, until shaking, you unclip at the bottom, look up and say 'I'm A Superstar!' Then, here comes your buddy, walking down the same trail you just cruised down, sporting a smile for you, muttering something about being crazy! Oh yes, you feel good, and know that these are the moments you will always remember; I'm a Superstar!

## **To ride at Snowshoe Mountain, West Virginia:**

With names like Gut Hammer, The Gauntlet, Rock Garden, Ruff-N-Tumble, you know you could be in for some trouble. It's like going to one of the biggest universities in the world only to discover, you're a freshman again. But it's not until you are sitting on the bus to go up the mountain, that you discover the inevitable: on a bus that seats about 20, you and your small cross country group are the only ones without a full-face helmet, breast pads, back pads, even a cool girdle to hold your innards in! Then you take a gander at the bikes, and compare your 3" of travel (if your lucky) to 8" minimum travel forks! And you're biking where?? But, you know this, and you do it anyways. And you share the same love for the mountain and the sport that the down hillers do, and the ride is what you have in common. It becomes all about the challenge ahead...your personal challenge to ride the way you want to ride so that you can enjoy the experience. Steep descents over what looks like a downhill creek bed of rocks, without all the running water (that is if your lucky enough to go when it's not raining!). WV has not only rocks but also tree roots, and not just roots, but roots as big as tree limbs, jutting from the earth to entangle you in their web. Roots, the kind that you have to lunge over, and over and over! This is where I perfected the lift of the front of your bike as though your doing a bunny hop, then pedal through. After that, it's all about balance, track stands are so important here! You learn quickly in West Virginia. Each time you go to WV it gets easier, as you will better understand how to manage the terrain with new technical skills. And each year, you may just get more cautious, as you remember the words like hematoma; ugly 2-4 inch blue/black/green bruises that boil under your skin from those high impact falls! But the bruises heal, and the experience has been learned.

## **To each his own:**

Each trail is only as difficult as you make it. There is no shame in hiking any section of the trail that you don't feel too comfortable with. The joy is to know that you can share in the experience with your friends, enjoy the land, discover where your limits are, and where they are not! You may even surprise yourself. Each year that I come back to West Virginia, I realize how much I learned from the year before, and that my endurance is truly way better than I ever give credit to, and that my Love for the mountain, this sport, even my bike, never stops.

## **To describe West Virginia in a nut shell:**

Green trees, slippery red earth mud, I think those are rocks of granite, sun, wildlife, steep descents, long climbs, more rocks! Like no other!

## **The Bike:**

I love my bike. It's a hard tail. My bike competes for time against all those 'softies' on the West Virginia trail, and it can hold it's own. My bike willingly accepts all the hard jagged rocks, it doesn't exactly glide over them, it bounces off them like the little crazy ball that your mom would never let you throw in the house. But as long as it's pointed downhill, it's all good. And bent rims, definitely. It's just a matter of how well you keep it circular that counts.

## **Important note from WV:**

In a conversation I had with Mark Poore, the mountain resident Pro, it became very apparent that there is a growing need for support of the WV trail system. Last year, a large number of trails were cut for golf courses and development sites, as the mountain resort looks to compete with other attractions to make it profitable. It is important to understand that this site hosts some of the most prime and natural trail system anywhere in the world. It's also important to know that this trail system that can be enjoyed by anyone of any ability. It's all about being outdoors, appreciating the land, and as Aldo Leopold would have it, about creating a land ethic. WV hosts some pretty awesome green trails for beginner riders, and each year they are trying to make it accessible to people that may want to take a lowland cruise of the mountain. So, whether you are a beginner, or advanced pro, get out there, show the support! For information on Snowshoe, check out [snowshoemtn.com](http://snowshoemtn.com) or sign up for next year's Poto Chapter Trip, happening annually in late summer. In learning, you use your experience to gain the freedom to live your limits. At the end of the day, which comes all to quickly at 5:30pm EST when the last bus leaves up the mountain, you relax. To help you do this, you may discover Vitamin-I (ibuprofen). Then you take a long hot shower, eat an incredible dinner, and enjoy that rest of the evening with your friends, remembering the day's ride and planning the next.

*Members of the Poto Chapter will be heading south again next year. Let them know if you are interested in joining in on the adventure and fun.*

# Downhill Gear Guide for the Midwesterner

Most Midwesterners who want to try downhill mountain biking have no intention of doing it regularly, so its hard to justify spending much money on the sport. However, there are a few things that you'd probably want to buy, even if you are only going for a couple days. Here is what I suggest.

## Musts

Rear Tire: At Rocky east coast ski resorts, you can expect a couple pinch flats per day unless you arm yourself with a downhill tire, especially on your rear wheel. A 2.35" fits just most frames nicely and your XC rims are fine for this. A tire with foam filled sidewalls (like an IRC Kujo) will almost guarantee no flats, even at a comfortable air pressure. As for air-pressure, I think 35 psi is a good balance of traction and flat protection with a downhill rear tire (\$20-\$50). With a standard 2.1 tire, a 160 lb rider will probably need 60 psi to protect your rims, which is gets real hairy in the corners.

Knee/shin protection: eventually, your bike will bounce off a rock and you'll bounce off your bike. When this happens, With some knee protection, this becomes a non-event. You don't need bike specific pads (\$30-\$50), you can get away with Fox motocross pads for \$20. They don't stay put as well as the bike stuff, but they will save you. At the least, pull your rollerblades pads out of the closet and use them.

## Wants:

Elbow/forearm protection: I've seen a lot less elbow impacts than knee impacts, but anytime you exit off the front, you'll need something on your arms. (\$20)

Front Tire: On our last West Virginia excursion, we had a lot of front tire flats, mainly because everybody ran big rear tires! If you can run 30 psi up front, you'll have great traction on the loose corners, A 2.35-2.4" tire works fine with a XC rim fits all of the Suspension Forks, and will allow you to run 30 psi. .

Hip Pads: I bought some padded shorts to save my tailbone while snowboarding. I wore these exact shorts while downhilling and the side pads really saved me on one drop-in (\$50). They'll save you in the snowboard park also!

Full Finger Gloves: you find out exactly how nerve-dense your fingertips are when you cut them on a rock.. I always have one pair of full finger gloves that use for these trips, dirtbiking and for fall riding in Michigan (\$30-\$40).

Full Face Helmet: I've never used one mountain biking, but it seems like a real good idea to me. All the downhillers use them. You can usually find them on clearance for \$50. Try to buy these a bit larger than you'd expect.

Front Wheel Splash Guard: It really helps to have something on your downtube to keep the spray from stream and water bar crossings out of your eyes.

Beyond that, disc brakes, longer travel fork, and flat pedals are next logical upgrades. Even though I'm a full-suspension addict, I don't think its necessary for downhill. Getting the right tires and some protective gear is much more important. Enjoy, and consider joining the Poto chapter next year for our annual east coast downhill trip to West Virginia!

Emil Sims – Poto Chapter

# MOUNTAIN KIDS CORNER



## Welcome to Mountain Kids Corner!

It's been an exciting year of MountainKids! We were able to hold 8 events and serviced over 100 kids! Volunteers logged approximately 165 hours! Kids and volunteers alike remember these events with fondness and an appreciation for riding bikes in the woods. Great job everyone!

Karen Millar, MK Program Director

## Special Thanks

The following people/shops and organizations have donated generously to our program. Without them, there would be no Mountain Kids.

Caryn J Robinson  
REI  
Tri-City Bicyclists (DALMAC)  
Southeast Chapter and the  
Back Roads Boogie Participants

And to the following people for bringing the kids:

Sarah Manning  
Terry Loveday  
Natalie Huntington

## Happenings:

The season started out in April with the Spoke-junkies volunteering their time and elbow grease to get the bikes ready for the year. They spent hours doing maintenance, repair, cleaning and lubing. It wasn't all work though, a great ride at Brighton and a picnic and some volleyball afterward. Thanks everyone!!

The first two events were held at Holdridge Lakes with groups from Holly. Sarah Manning first brought a group of nearly 20 boys and then the next event - all girls! I have to say that the girls were such a blast! They were so gung-ho and never let our volunteers rest.



Photo by Karen Millar

## VOLUNTEER SPOTLIGHT

**TOM KLINKMAN**

**Age:** 31

**Occupation:** Welder

**Bikes:** A Bunch! Best known for riding the Ellsworth Tandem. Others include 3 cross country bikes, one single speed and a road bike... yes, I'd say Tom is an addict.

**Why ride?** Riding helps keep me in mental and physical shape. When I'm trail riding I feel about 13 years old again!

**Why volunteer?** It's important to show Kids different things. Biking is a great way To see stuff you don't see elsewhere.



Photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))

**Favorite Mountain Kids moment:** My favorite part of MK is the smile on their face after cleaning a particular section of trail.

Tom has been an integral part of our MK program since I have taken over as director. Tom has been at all but one of our events and has been storing and towing the trailer, and maintaining it and the bikes. I can't thank him enough for all the help he's given me.

For more information, or to schedule an event, contact Karen Millar at [kmma2@hotmail.com](mailto:kmma2@hotmail.com)



## Racing News

By: Terry Ritter  
MMBA CPS Director

A beautiful spring day. Cool temperatures and a stillness in the air. The only thing that could ruin this early season ride was the three words I would hear next, "Fifteen seconds, Gentleman." And so started the 2001 Championship Point Series. Wow, was that really six months ago? A check of the books says there is yet another successful season that has come and gone.

So, as is the case this time of year, we call for reflection. What about the last CPS season can be improved upon? What were some positive new additions? Can there be something out there that just waits to add excitement and fun to the '02 season? Those very questions are just now being asked and decided upon by your CPS board, with the fruits of those tireless efforts hoping to be realized in the coming year. Here is just a little look into the crystal ball.

As each member of the CPS board weighed in on the schedule of this last season, everyone had a favorite or two. Some events were consistent. But everyone, to a person, thought there wasn't much need for change regarding the sites that were in the '01 schedule. Still, opportunities to advance the MMBA's message, as well as promote mountain bike racing in a new part of the state, are things you look for. And so it seems that the chance to have a race in the Chippewa Hills area, around Alpine, will greet us this coming year. This new race is promoted by a long time member, Randy Fairbanks, and was attended by three representatives from the MMBA this past July. They were impressed with the support of the community and we are all excited about the possibilities that lay ahead.

The general belief is that we should still try to limit the series to about 12 races, with only two time trials as in the past. This first part will require that we drop a site from the traditional schedule. Though we don't have anything finalized, it would seem that since Addison Oaks has two races we could look to eliminate the spring contest and rearranging the schedule to accommodate the possibility of a new race.

This year brought a rash of two things to the forefront of our racing circuit: Injuries and Etiquette. One happened too often while the other not quite enough. For this reason there will be some measures taken to improve upon both for the coming years. We will hold promoters to

a higher degree when examining their safety measures and there will be attempts to educate the racers and hold them accountable for their actions on the course.

An area of excitement surrounded the introduction of skills clinics this season to the CPS events. Held on the Saturday before the Fort Custer XC and the Addison Fall Classic, these clinics gave us a chance to look at how to put them on and to take the chance to garner rider input. The premise was to provide a service to the membership while helping to improve the image of the general membership to the racing public. We feel they were successful and we learned much. The tentative plan is to include three for the '02 season, with dates for the Fort and Addison races repeated.

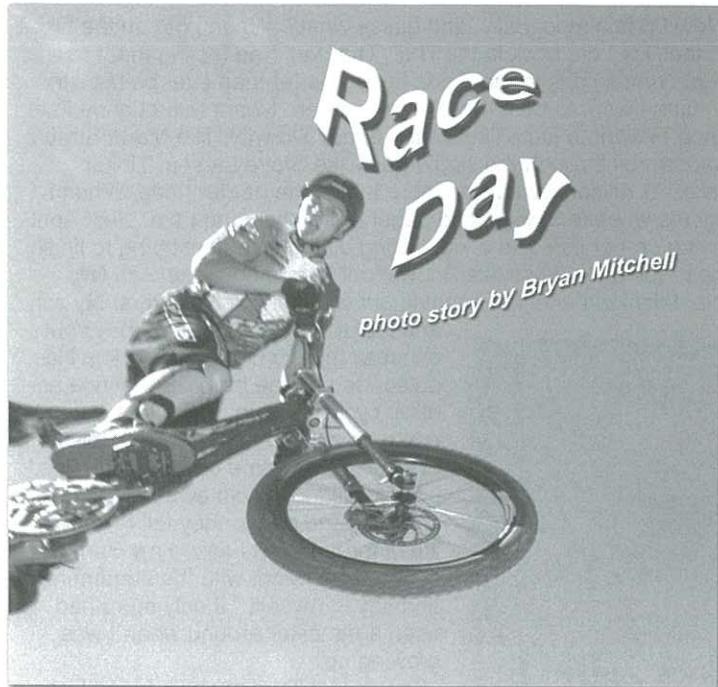
As is always the case when looking towards the CPS future, questions arise about what to do to increase the flavor of our popular series.

Many people have ideas and these are a great resource for the CPS board. One thought that has been kicked around over the years is the inclusion of a two-three day stage race for points. Anyone who has done these, either at the National level or elsewhere, can attest to the pure fun this format allows. Two things present themselves when setting up this kind of a contest up: Event format and Point Distribution. We are still taking ideas regarding both topics. Presently, we feel we should take the two day approach (Sat. and Sun.) with a TT and Short Track effort on Saturday, and then a normal Sunday XC. Though there is still the need for much discussion, the thought is that we will have points for Saturday's contests be worth what would be a regular race, and have Sunday also follow that format.



Photo by Alice Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))





# WOMEN AND BIKES (we might surprise you)

## Why am I a Mt. Biker?

By April Wassermann

Is it because everyone calls me one? Is it because I ride a mt bike? Is it because kids think I am?

Or is it because I have all of the equipment? Maybe I am a mt. biker, but I prefer to be called a cyclist. I love all bikes and styles of riding. Road, Mountain biking, BMX, Trials, Down hill, Cruisers, even one geared bikes! I have just chosen to ride a mtb more often than the others.

Why is that? It seems to be more versatile; let's me get to places I can't go with a car, or on a road bike. I have to think constantly while riding, learn how to handle my bike, jump, ride over logs, fall, climb and descend rocky, rooty terrain. I've even raced my mt. bike a few times. Yet, I really am not a mt biker; I am just a bike rider who loves to ride! Everyone has their reason for riding, their inspiration and their preference in where, what and how they ride.

When I was a young girl (about 12) I remember wanting to grow up to be a bike racer. I had my own Velodrome, a slightly banked U shaped sub division road. I rode for hours, doing up to 100 laps at a time. I realized there just wasn't any women riding anywhere, or even a bike club in the area. Was I a freak? Sometimes I rode with my two friends Lisa and Kelly. We went to other towns to visit relatives, carried backpacks, slept on the floor or in tents. I rode in "bike -a -thons" and once won a trip to the State Fair for my Bicycle Project. I also helped organize a bike inspection & rodeo for the small town I lived in. All of these were things that are not that extraordinary in this day and age. Once I got a driver's license I stopped riding for awhile. I went to college, got married, and didn't do much of any type of exercise. After the birth of my daughter, I did ride a little to get back into shape. I still liked my bike, but once again I was alone in the hobby. I really ran out of time to ride as my daughter grew up and her brother came along to ride or pay attention to the cycling world. When my son was 3 I heard about this event that people at my work always participated in every year. The MS 150 BIKE -TO- THE-BAY. What's that I asked? 150 miles? On a bike? Sounds interesting.

I got out the old 10 speed that yr., fixed it up, rode my 1<sup>st</sup> BTB and never stopped riding again. I got my C-dale in 94, then my GT mtb in 95, and then finally my Litespeed Obed in 1999. I joined TAB, did several centuries, tours and several more Bike to the Bay rides. I started riding with the Spokejunkies, a mt. bike group and even began to enter races in the Michigan Mt. Bike Points Series. I have learned to build trails, learned how to ride my bike & handle my bike through all sort of obstacles. This year I even rode all winter long!



Photos courtesy April Wassermann

Now I ride almost daily, and guess what? When I get on the bike I still feel like I did back in the 70s. That fun, free feeling that I used to get comes back to me, I ride faster, better than ever before. In my mind I want to be a racer, I am a racer. I want to be Lance I am Lance. I want to jump like Brian Lopes. Downhill like Marla Straub. I want to roll through the single track like Steve Larsen, Tinker Juarez, & Allison Sydor, the more I think the harder I ride. When I begin to wheeze, sweat, and pant I remember who I am. Just April playing on her bike like a kid. Riding all the time, just trying to finish races, going to places like Snowshoe, Moab, doing tours in NW Ohio, Michigan and just hanging out with fellow bike lovers. My son and I take the neighborhood boys out on small trips to Oakwood Park in Napoleon to ride the trails. Every ride another cyclist is born. They love when I ride up a hill, as they push their bikes, dreaming that some day they can ride up that hill too. With every log, creek crossing and bridge they fall in love a little more. I think back to my Banana seat red Schwinn, with the streamers and say to myself, " if only there had been a mt. biker around when I was growing up".

So last weekend my best friend Lisa watched me at a Cross Country race at a new Trail in AEP rec. area in SE Ohio. Lisa cheered me on as I finished my 3<sup>rd</sup> lap of an Intermediate/Advanced trail on a Single Speed bike. I was the only woman participating on a Single Speed bike, and only had to do one lap to win if I wanted. I decided that I WOULD DO the required laps, even if it hurt and I had to walk. I finished, splashed through a puddle, grabbed my trophy from the ride organizer as I rode across the S/F line....everyone was yelling, cheering me on, it was great,

yet a little embarrassing. I even grabbed my trophy at the line as I rode by. After the race some people told me I had inspired them. I didn't understand why or how I could inspire anyone until later on that night. My childhood riding buddy Lisa asked me if I had ever dreamed that I wanted to be something when I grew up. It's really not so bad being a mt. biker after all, I'm having fun and living my dream.



Please visit the OMBA (Ohio Mt. Biking Association) Web site as well as the COMBO (Central Ohio Mt. Biking Organization) and see what is going on in Mt. Biking in Ohio. [Http://www.joinOMBA.org](http://www.joinOMBA.org), [Http://www.joincombo.org](http://www.joincombo.org) Be sure to check out the trail building pictures at AEP, the rides, events and trails around the area. While you are

surfing & smiling...please notice there is a lack of a formal organized Mt. Bike group in NW Ohio as well as trails available to ride on in NW Ohio. **Something to think about.**

# Chapter Chatter

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## Potawatomi Chapter News

### Abominable Snowman Ride

December 15 is the day this year for the annual Abominable Snowman ride. If you think the Poto is fast in the fall you haven't ridin' it frozen, and the traction on the climbs is like frozen butter. For get about it! Assuming that we don't have any snow. Chances are likely this will be the case.

This is a fun ride that starts at 10:00 am at Crooked Lake Campground. All riding level are present, with maps and help with direction available. After the ride we will be gathering around the campfire with hot drinks to warm the toes and gizzards, respectively. A grill will also be available. It is hoped that the great "jerk shrimp" will reappear for this event. This cuisine has not been tasted for a few years may god be with us.

If the snow is too deep to, park your car at Silver lake Parking Lot and ride the dirt road back.

### Fat Tires, Full Bellies at the Poto

By: David Welsh

The Poto chapter has a long-standing tradition of weekly rides, predating the MMBA itself (thanks Emil). We started a new tradition this year that we hope to continue. After each ride we fire up the grill and gather around for food, drink and plenty of tall tails. For years we have ridden the 18miles of the Poto, finishing around 8:00 PM, dirty, tired and hungry. We hung around the parking lot and shared war stories until hunger drove us home to Taco Bell or whatever the fridge had in store. Our weekly BBQ allows us time to enjoy food, drink and camaraderie. The BBQ's were such a hit that friends and family members came out to the trail to join in. Larry brought in some of his favorites from southern California and sponsored a Southwest themed event – the most popular of the season. Bernie could always be counted on for something interesting

As the darkness, leaves and snow threaten, our weekly rides and BBQ's have ended for this season. Thanks to all who have made this new tradition a success – the tradition will continue in the spring.

## Holly/Flint Chapter News

Thanks to all Chapter Members who participated in the Pavilion Workday and Road Clean-up in Sept. All hours will be tallied for FAFL Awards at the Annual Meeting in February. I'd like to remind "you," the membership to WEAR ORANGE and don't place white rags in rear pockets or put branches in your helmets as it 'TIS THE SEASON...Be careful and ride smart. We are "allowed" to use the lands, we so care about! Once again, Congrats to each racer. The Chapter is having a fine showing in the Points Series. New and current members... Please send your E-Mail Address to Rick at [rjerrell1@home.com](mailto:rjerrell1@home.com) - this is an easy way to keep informed and stay current. As this season begins to wind down... PLEASE KEEP YOUR MEMBERSHIP CURRENT! Your Chapter needs your support! If you can't volunteer on the trail, be sure your membership support is not being overlooked. Currently, the Chapter has 115 members. Let's help it grow! Tell your friends

about the MMBA.

Thanks,

Rick Jerrell - Holly/Flint Chapter President  
248.634.7691  
[rjerrell1@home.com](mailto:rjerrell1@home.com)

## Greetings from the North Central Chapter

*Editors Note: The board is considering the addition of this new chapter, technical details are still being worked out. The Board hopes to make an official announcement shortly after its October meeting.*

There are a lot of things happening within our new chapter (pending general membership ratification at the annual meeting). Before I continue with our accomplishments and happenings I want to provide a brief background to our new chapter.

When my family and I moved here from downstate via Phoenix (it's a long story) I began riding the local trails and asked around about other riders (Bike Shop Bob, Dick Fultz, Jason Snell, Bill Snow, etc.) to hook up with and ride together. To make a long story longer, I found out there is a core group of serious riders here in northern Michigan. They are a committed, enthusiastic group of riders who felt the time was right to get organized and focused on trail advocacy in addition to their recreational rides. After attending the MMBA annual meeting in February of 2001, I suggested we all join and support the MMBA.

As it turned out, we decided to form a new chapter. This is based upon some basics: We are 2 – 3 hours from the other chapters, our trail needs are very, very different than those of the other chapters, (a very large percentage of our trails are barely ridden yet need maintenance) and we have synergy and camaraderie together. After several communiqués with Roger Dyjak, Todd Scott, Kevin Bouck, Tom Nell and James Partridge, we put together the necessary paperwork and organizational structure with ad hoc board members elected and a general plan in place. As a result of our initial work here as a pending chapter I am pleased to say that we have secured 15 new applicants, and most of which are point's series members. Now...Happenings!

### Trail Maintenance Days

Shingle Mill Pathway, High Country Pathway, Aspen Park Single-track (under construction), Hanson Hills, Glacier Gorge

### Support from local merchants for events

Big Buck Brewery and Steakhouse – food and beverage, Gordon Food Service – food, Jay's Sporting Goods – trail maintenance tools and flagging tape, Latitude 45 Cycle and Sport – board members, cash donations and people to work, The Bicycle Shop – boards members, ride organization and people to work

### Support from Land Managers and other public officials

Joe Jarecki – DNR Unit Manager Pigeon River Forest – Shingle Mill Pathway, Bill O'Neil – DNR Unit Manager Gaylord Forest – loans us tools, Joseph Duff – Gaylord City Manager – endorsed and voted for Aspen Park, Gladys Solokis – Gaylord Mayor – wrote letter of support for Aspen Park, Paul Beachnau – Otsego County Commissioner – voted for Aspen Park, Chuck Fain – Gaylord Middle School "Project Adventure" teacher supports Aspen

The list continues because each and every member of our newly forming chapter is involved in the community in some form or another. I am very proud to work with such a fun, committed and enthusiastic group of people, as I have to work with here in northern Michigan. I am equally proud and very pleased to have been elected as their president and represent them at the state level of the MMBA.

Please visit us up here and truly enjoy mountain biking for the sport it is all about – FREEDOM!!!

Ride On!  
Eric P. Isaacsen

## Southeast Chapter News

### Novi Tree Farm

The biggest news is the City of Novi's plans on sell 75 to 95 useable acres of parkland to a developer to settle a lawsuit. (<http://www.ci.novi.mi.us/Government/Mayor/LetterToCitizensRegardingLitigation.htm>)

This serious loss of greenspace definitely impacts the trail network. You can make your opinion known by emailing Mayor Richard Clark at [rclark@ci.novi.mi.us](mailto:rclark@ci.novi.mi.us).

### Four New Trails?

We're looking at four new trails in Southeast Michigan. The first is a small segment in South Lyon's Volunteer Park. We expect to cut this trail in Spring '02. It won't be a big trail, but it'll be great for those who live nearby since this will be connected with the Cities' extensive trail network. The next trail is in the City of Monroe. We want to evaluate the soil hydrology early next spring to determine what's possible. I know the Ohio folks who are tired of driving so far north are just very enthusiastic about this opportunity. By the time you've read this, we will have met with Commerce Township officials regarding some existing trails and parkland in their community.

And finally, we're proposing new mountain bike trails on the SOCRRA landfill property south of Bloomer Park in Rochester Hills. The proposed trails would run along the steep, wooded ridges, not on the landfill itself. The land would necessitate a very technical trail, perhaps borrowing some Burchfield designs. This proposal is highly political as many folks would rather build another golf course. We're working closely with numerous elected officials to state our case. Over the next couple months we'll take our presentation to the local city councils in the SOCRRA region.

### Rail-trail's galore

The Clinton River Trail and Macomb Orchard Trail are progressing very quickly. At this time, nearly all the land has been acquired. While the old rail lines won't be a technical off road challenge, they will provide a great route to the trails in Bloomer Park and the Stony Creek Metropark. Imagine being able to ride to Stony, ride a loop, then head by the new velodrome at Bloomer Park to watch a few track races.



Photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))

Trail work at Pontiac Lake Recreation Area.

Last but not least, this is just another reminder that mountain bikers must park in the lots off of Eight Mile Road. The lots off of Beck Road are for equestrians only.

Todd Scott - Southeast Chapter President

Michigan Mountain Biking Association

## Pontiac Lake Chapter News

We have just completed another year of trail work at Pontiac Lake State Recreation Area. As most of you know we started working last year with the DNR and our friends that ride horses to segregate the trail system. When completed there will be separate bike and horse trails, other trail users will however still have use of both systems. This project has turned out to be quite a task. As mountain bikers, elevation change is critical to the experience. As we implement the DNR plan, many of

the reroutes take advantage of the "glacial terrain" - short steep knolls combined with lots of rock. Although this type of topography makes for challenging single track, as friends to the environment we are faced with the responsibility to also make the trails sustainable.

This is possible! But it takes lots of hard labor. For those of you that have been able to join us for one of our 11 trail days this year, realized what is involved. Six to eight hours of bench cutting, blistered hands, bee stings, poison ivy and sore backs leaves us with very few repeat vols. We started the year very enthusiastically by sending out 1000+ post cards to every MMBA member within an hour drive. We sprung for t-shirts and pizza for each workday. The first work bee we had around 40, but the number dwindled to 7 total (including 2 equestrians) by September 15. I won't give up, but the few regulars and myself may die from exhaustion before we finish. For 2002 our Chapter needs suggestions on how keep volunteers fresh and motivated. Shorter workdays? Rent dirt-moving equipment? (How to get the money?). Anyway there are two things we won't do again. One, only send out one schedule in the Spring and two, tackle a 3/4 mile bench cut in one chunk.

Thanks,  
Tim Collins, President – Pontiac Lake Chapter



Photo by Harv Seeley

Riding at Burchfield

## Mid-state Chapter News

### Burchfield Update:

A lot of work has been completed at Burchfield this year, with still more to go. A new kiosk was put up in the Riverbend parking lot, which features a new

map of the advanced trail. In Hansen's Be-Bop a small re-route was done, temporary ground ladder bridges were installed, and a teeter-totter was erected. In Red Route 1 a bridge was constructed over Moab's Hole, the exit to the Dragon's Back was re-routed, and a new jump was built. In Forest Hump a re-route was completed taking out a hill that was showing premature wear. Two miles of new trail were cut this spring and summer. The new trail winds through the Riverbend Nature Area, incorporating the old foot bridge. This leads out to a nice stretch of trail on the banks of the Grand River. The trail then cuts around the Heron Pond then up a short steep hill with a jump on the ensuing downhill. This will dump you out back at the main trail and back to the parking lot. A teeter-totter was placed in the first section over a downed tree.

All new routes have been marked with temporary signs. New signs should be in, either this fall or next spring. At least another two miles of trail are scheduled for construction this fall. For a complete trail description, trail map, and work dates please log onto the Mid-State's web page at <http://www.verdigris-online.com/mid-state/>. Most workdays are scheduled on the message board.

To get to Burchfield exit I-96 at the MLK ST exit. Head south about a tenth of a mile to Bishop RD. Turn left/east onto Bishop RD and follow it 'til it ends. Turn right/south onto Grovenburg RD and follow it 'til it ends. Turn right/west onto Nichols RD and follow it a half mile to the entrance to Riverbend Nature Area.

#### **Bulletins:**

If you have completed any trail work on any Mid-State trails please check the Mid-State website (<http://www.verdigris-online.com/mid-state/>) to make sure your hours were counted. As a reminder all Mid-State communications are handled through the website. If you don't have access to the web please send me a

#### **What you can do now To go faster next year**

##### **ONE: LOSE EXCESS BODY FAT.**

This is a great time of the year to lose a little excess body fat, if you have it. Carrying an extra 10 pounds of fat is like carrying a gallon of milk around.

##### **TWO: CLIMB STAIRS**

This extra daily exercise will help improved your leg power. Attack the stairs, climbing them as fast as possible, typically two steps at a time. At work, at home, in buildings etc.

##### **THREE: SWITCH TO HEAVY TIRES**

Put super-fat-heavy-cheap-o tires on your bike. You'll notice the added rotational weight every time you ride. You'll have to work harder to accelerate. Then, when spring comes, throw your good lightweight tires on. You'll feel like a million-bucks.



Photo by Harv Seeley

Riding at Burchfield

## **SINGLETRACK AND THE SOUL**

By Karen Millar

The sun rises  
On a beautiful and serene weekend morning  
The wind whispers gently  
As I stretch

And pour my morning motivation,  
One thought on my mind.

Singletack,  
Sweet, sweet singletack.

Pulling into the trailhead parking lot  
My mind drifts to places only my soul can see,  
Where only my bike can take me.

I hit the dirt, my spirit set free,  
Gliding effortlessly,  
Sailing sweetly  
Through trees

And meadows and all that is good.  
Mud, blood and miles later

I am transformed,  
My mind clear, my body strong, my heart soaring  
To another place,  
Where joy, pure, unadulterated joy, becomes  
A way of life.

Singletack,  
Sweet, sweet singletack.

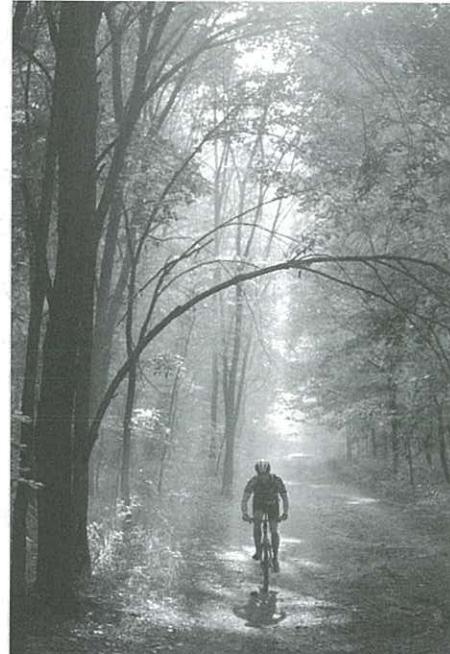


Photo by Bryan Mitchell ([www.mountainbikemichigan.com](http://www.mountainbikemichigan.com))

# MEMBER SHOPS

MICHIGAN MOUNTAIN BIKING ASSOCIATION

The stores and services listed below are MMBA Members as of October 2001.

Those listed in bold text give 10% discounts to MMBA members!

It wouldn't hurt to thank them all the next time you're in their shop.

## Adrian

Adrian Locksmith & Cyclery  
(517) 263-1415

## Allen Park

Roll Models  
(313) 382-1990

## Ann Arbor

Great Lakes Cycling & Fitness  
(734) 668-6484

Two Wheel Tango  
(734) 528-3030

## Beulah

Crystal Lake Adventure Sports  
(231) 882-2527

## Copper Harbor

Keweenaw Adventure Co.  
(906) 289-4303

## East Lansing

Denny's Cycle Sports  
(517) 351-2000

## Fenton

Wheels in Motion  
(810) 629-0969

## Flint

Assenmacher's Cycling Ctr.  
(810) 232-2994

## Gaylord

Latitude 45 Cycle and Sport  
(517) 731-4540

## Grand Haven

T and Z Blueberry Farm  
(616) 842-3747

## Grand Rapids

Camp and Cruise  
(616) 677-1274

## Grayling

The Bicycle Shop  
(517) 348-6868

## Harbor Springs

Touring Gear Bicycles Etc.  
(616) 526-7152

## Ionia

Dan's Bicycle & Lock Shop  
(616) 527-0471

## Jackson

On Two Wheels  
(517) 789-6077

## Jenison

Village Bike Shop  
(616) 457-1670

## Kentwood

Village Bike Shop, Ltd.  
(616) 455-4870

## Lansing

Denny's Cycling and Fitness  
(517) 321-6700

ZZ Underwater World  
(517) 485-3894

## Marne

Camp and Cruise  
(616) 677-1274

## Muskegon

Breakaway Bicycles  
(616) 759-0001

## Okemos

Central Park Bicycles  
(517) 349-8880

## Owosso

House of Wheels, Inc.  
(517) 725-8373

## Pontiac

Scarlett's Schwinn Cyclery  
(248) 333-7843

## Royal Oak

American Cycle & Fitness  
(248) 542-7182 (also in Novi/Walled  
Lake, Sterling Heights/Troy, and  
Grosse Pointe Woods)

## Schoolcraft

Village Cyclery  
(616) 679-4242

## Sturgis

Kickstand Schwinn Cyclery  
616 651-5088

## Toledo, Ohio

Mountain Man Ski Shop  
(419) 536-0001

## Traverse City

City Bike Shop  
(231) 947-1312

Brick Wheels  
(616) 947-4274

## Warren

Macomb Schwinn  
(810) 756-5400

## West Bloomfield

KLM Bike and Fitness  
(248) 626-7791

## West Olive

Quiring Cycles  
(616) 895-6655

## Zeeland

Zeeland Schwinn Cycling & Fitness  
(616) 722-6223

Please send corrections to BRB@MMBA.ORG or call (248) 349-1937

## Below are additional MMBA corporate sponsors.

Note that Slingshot offers MMBA members a 10% discount.

### Associations

Thunder Bay Trail Association  
(517) 727-3702

### Cycling Clubs

Cherry Capital Cycling Club  
Traverse City  
(616) 947-4274  
[www.cherry-capital.com/cccc](http://www.cherry-capital.com/cccc)

Slow Spokes of Macomb  
Sterling Heights  
(810)-819-0187  
[www.lmb.org/clubs/spokes.htm](http://www.lmb.org/clubs/spokes.htm)

### Manufacturers

Eye on the Earth  
(616) 784-9327

**Slingshot Bicycle Company**  
**(888) 530-5556**  
[www.slingshotbikes.com](http://www.slingshotbikes.com)

Armadillo Printwear  
(800) 771-8120

### Race Promoters

Chequamegon Fat Tire  
Festival  
(715) 798-3594  
[www.cheqfattire.com](http://www.cheqfattire.com)

Oakland County Parks  
& Rec  
(248) 858-0916  
[www.co.oakland.mi.us](http://www.co.oakland.mi.us)

Tailwind Enterprises  
(248) 634-6178  
[www.tailwind.net](http://www.tailwind.net)

Team Unlimited  
(XTERRA)  
(808) 521-4822  
[www.xterra.net](http://www.xterra.net)

### Visitor Bureaus

Petoskey-Harbor Springs-Boyne  
(800) 845-2828



**F.Y.I**

### MMBA Jerseys are Currently Sold Out! Except for a few small's (very small)

Unfortunately, all fine looking MMBA jerseys are currently out of stock. For anyone that has ordered a jersey within the past month, please contact me to issue you a refund. The MMBA board and I will address the issue of reordering MMBA jerseys at the next MMBA Board Meeting. Thanks for your continued support of the MMBA!

Roger J. Dyjak—Executive Director, MMBA  
[TheMMBA@Yahoo.com](mailto:TheMMBA@Yahoo.com)  
(866) 889-MMBA

### *Will your insurance cover you???*

New federal regulations that legalize health care discriminations against mountain bikers, equestrians, hikers, snowmobilers and others involved in recreational activities, have taken effect.

The new regulations became law May 8. They are the result of a rule making process that was passed after Congress passed the Health Insurance Portability and Accountability Act of 1996.

The new rules state that an employer can't refuse health coverage to an employee based on participation in legal recreational activities after working hours, but, health care benefits can be denied for injuries suffered while taking part in those activities.

The rules issued jointly by the I.R.S., the Pension and Welfare Benefits administration and the Health Care Finance Administration directly affect all outdoor recreation.

U.S. Health and Human Services Secretary Tommy Thompson's staff did not feel he had the authority to change the language of the rules and he is reluctant to do anything that may interfere with a state's right to determine benefit coverage within their states.

I strongly urge you to check with your health insurance policies to see whether you would receive health care benefits if you are hurt while participating in legal recreational activities. Roger J. Dyjak -Executive Director MMBA

## Trail tools donated to MMBA with money from RockShox.

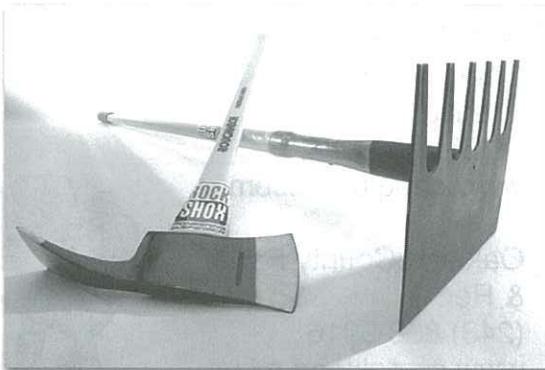
(Below are emails between MMBA president Todd Scott and Ex. Director Roger Dyjak.)

*Are any of these tools coming our way? If so we should give Rock Shox a plug in the next BRB. Besides, the picture is cool. Todd*

*Lo and behold, what shows up a few days ago but a long, odd box! 1 Mcleod, 1 Pulaski!!! Roger*

(Press release from IMBA's web site)

More than 60 IMBA-affiliated mountain bike clubs received new trailwork tools this summer thanks to a \$5,000 grant from bicycle suspension manufacturer RockShox. The heavy-duty tools, known as Pulaskis and McLeods, are designed to endure the rigors of regular trailbuilding work.



*Photo courtesy IMBA*

In the past year, IMBA affiliated clubs and individual members have volunteered more than 500,000 hours of trail-work and built more than 1,200 miles of new trails. Thanks to the continuing support of IMBA corporate sponsors like RockShox, IMBA will surpass this figure in '01.

RockShox has donated more than \$100,000 to the International Mountain Bicycling Association since 1996, making them a leader in the bicycle industry's effort to open trails for mountain biking. During this time, IMBA and RockShox have distributed more than 1,500 trailwork tools used to construct more than 8,000 miles of mountain biking trails worldwide. "This is the fifth year that RockShox has generously backed IMBA's tool grant program," said IMBA executive director, Tim Blumenthal. "The trails that will be built and maintained with these tools are priceless to mountain bikers and other trail users." Manufactured by Zac Tool of Simi Valley, California, the 120 tools were shipped around the USA, Canada, the UK and Italy this July. The tools feature hardened steel blades and unique fiberglass handles.



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## Embroidered Hat

Beige. One-size fits all. Looks great over helmet-hair.

**\$18**



## MMBA Java

Fresh custom Euro-roast coffee beans. Ride faster.

**\$18** for 2 pounds

**\$35** for 5 pounds

## Official T-Shirt

Heather with black logo and highlights. Available sizes:

M, L, XL, XXL. Frankie has one, you should too.

**\$17**



**Sold Out**  
Except a few sm's (very small)  
Blowout \$25.00!

**MMBA Jersey**  
Made by Biemme.  
Get all black and blue without crashing. Available sizes:  
S, M, L, XL XXL, but they do run on the small side.

Complete this form and mail it along with your payment to:

### MMBA products

4217 Highland Road, Box 268  
Waterford, Michigan 48328-2165

Or phone your order in at:  
**(866) 889-MMBA**

All prices include shipping.

### MMBA Product Order Form

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Phone \_\_\_\_\_  
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Circle your payment option:

Check or  
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Cost

**Embroidered Hat** \_\_\_\_\_

**MMBA Java** 2 pounds \_\_\_\_\_

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circle size  
M L XL XXL

**MMBA Jersey** \_\_\_\_\_

circle size  
S M L XL XXL

**Total** \_\_\_\_\_

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